



Penn State **Extension**

BETTER · KID · CARE

Resources on Health and Wellness

Better Kid Care provides resources with practical, evidence-based strategies for promoting the development of healthy children. Our online modules are available anytime you are ready to learn!

Nutrition and physical activity



Childhood Obesity Prevention:
Let's Move! Child Care Introduction
LMCC – Increase Physical Activity
LMCC – Limit Screen Time
LMCC – Support Infant Feeding
LMCC – Serve Healthy Food
LMCC – Offer Healthy Beverages
Supporting Families in Healthy Living
Super Snacks

Child abuse and neglect

New Staff Orientation: *Get Started*
Stress: *Seeing With Optimism*
Resilient Caregivers: *'Bouncing Back' from Stress*
Be Clear on Clearances
Coaching and Mentoring:
Supporting Staff

Environmental health

Keep Children Healthy and Safe:
Air Quality
Reuse & Recycle
Toxins
Healthy Child Care Environments:
Pest Prevention Using IPM
Pest Treatment Using IPM
Using Green Cleaners
Keeping Children Safe on Playgrounds
Your #1 Priority: *Keeping Children Healthy and Safe*

Caring for children with special needs

Are you Ready for a Child with Special Needs?

Inclusion: *Exploring the Meaning and the Mindset*

Help Parents and Families be Advocates for Children with Disabilities

Helping Youth with Autism to be Successful in After School Programs

Preventing spread of infectious disease

Guiding Behavior: *Responding to Biting and Teaching Sharing*

New Staff Orientation: *Get Started*

New Staff Orientation: *Working with Infants and Toddlers*

Playing Detective about Biting

Video Vodcasts

Healthy Practices:

Hand Washing 101

Diapering 101

Changing Pull-ups and Soiled Underwear

Safe sleep practices

Safe Sleep Practices for Caregivers:

Reduce the Risk of SUID

A Good Night's Sleep: How Sleep Affects your Health



Coming in 2015!

Food Allergies

Food Safety

Supporting Limited Resource Families

Access Better Kid Care's On Demand online professional development system to:

- Create a free account
- Read the research-based lesson content
- Watch videos highlighting best practices
- Complete reflection activities
- Take the assessment
- Print your certificate of completion

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